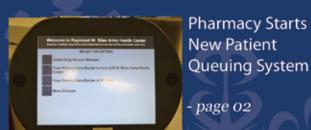


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Raymond W. Bliss Army Health Center

Medical Bag



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Commander's Message

As we begin 2012, I would like to take this opportunity to wish all our Fort Huachuca Soldiers, Family Members, and Retirees Best Wishes and a Happy and Healthy New Year.

The Raymond W. Bliss Army Health Center Team and I are immensely proud and honored of the privilege that we have to serve such a deserving population of individuals who serve, have served, or support those who serve our Nation. We are committed to providing safe, accessible, compassionate, high-quality healthcare to every patient. We had a very successful 2011 and look forward to building on that success in 2012.

In August, Team RWBAHC initiated an aggressive campaign to improve beneficiary knowledge and compliance with preventive care services. The campaign addressed diabetes screenings/management, breast/cervical cancer screenings, colorectal screenings, and asthma management. At the start of the campaign, RWBAHC was ranked among the worst MTFs in the MEDCOM in most of the metrics. By December, our Team has moved to amber/green ratings in all metrics and is now among the upper 20% of all MTFs in the MEDCOM. We need your help in getting above the 90% percentile and being the best in MEDCOM. Our staff is reaching out to remind patients who are due /overdue for these important services. If you are contacted, please take advantage of our services for yourself and your family. The life you save could be your own!

Best wishes to you and yours from the entire Raymond W. Bliss Army Health Center Team. We look forward to serving you in 2012.

- COL William Moran, Commanding

Raymond W. Bliss Army Health Center

Medical Bag

On Facebook!

Look For Us

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FEATURE ARTICLE

Cervical Cancer Awareness

Raymond W. Bliss Army Health Center Recognizes January is National Cervical Cancer Awareness Month.

The National Cervical Cancer Coalition (NCCC) in 1996 was the first organization to bring cervical health awareness to the forefront at the State and Federal level.

Each year approximately 12,000 women in the U.S. are diagnosed with cervical cancer. Worldwide cervical cancer is the second most common cancer in women. LTC (P) Bart Meyers, Chief Department of Primary Care and a board certified OB/GYN physician, says "This is a sad statistic given that cervical cancer is the most preventable form of cancer." Cervical cancer is the only cancer with a single known primary cause: HPV (human papilloma virus). Eight out of 10 sexually active women are estimated to be exposed to and contract HPV at some point in their lives. For the majority of cases the body's immune system attacks the virus and the infection will go away on its own. However, in some women the virus will persist, causing abnormal cell changes that could lead to cervical cancer.

How can women partner with their health care team to protect them from this preventable form of cancer?

- ☐ Ages 9-26: Consider an HPV vaccine.
- Age 21 and older: Get a regular Pap test every two years if previous tests were normal.
- ☐ If you receive notice of an abnormal Pap test, please comply with the recommended follow-up guidance from your health care provider.

Raymond W. Bliss Army Health Center (RWBAHC) offers Pap testing either with your Primary Care Provider



(PCM) or beneficiaries can take advantage of the Well Woman Walk-In clinic (first Tuesday each month) to have all women's preventive health care screening and evaluations to include a Pap test. If you are registered with Tricare Online (TOL) you may also schedule a Well Woman Exam with your PCM. The HPV vaccine is available at RWBAHC. If you are an enrollee at our treatment facility then the vaccine may be requested directly at the Immunizations clinic by self referral.

If you are due or overdue for cervical cancer screening you may have received a call from a caring health center associate. Please keep your scheduled appointment. If you must reschedule please do so as soon as possible so that other beneficiaries can utilize all available appointments. For more information about the HPV vaccine you may contact Immunization Clinic at 533-8813.

For more information about the Pap test or to schedule an appointment at Raymond W. Bliss with your Primary Care Manager (PCM), call 520-533-9200.

For more information on Cervical Cancer, visit the National Cervical Cancer Coalition website at http://nccc-online.org, or the CDC at http://www.cdc.gov/cancer/cervical/.



Shirley Knesal of Sierra Vista approaches the new self-serve Q-Flow kiosk at the RWBAHC Pharmacy.

Pharmacy Starts New Patient Queuing System

The Raymond W. Bliss Army Health Center Laboratory and Pharmacy deployed a new patient queuing system, Q-Flow, on 5 December 2011. This new system is designed to help direct, track, and organize the flow of patients. It allows the RWBAHC staff to keep track of data in real-time and project the busiest days and time of day. The goal of this new system is to minimize the wait time by category of patient.

Q-Flow changes the way patients check in to the Laboratory and Pharmacy. When approaching the self-serve kiosk, please select the option that applies to you. While you may not agree with the category you are in, the system has been designed to best suit the needs of all our patients.

TRICARE Online Make appointments anytime

TRICARE Online (www. tricareonline.com) is the Department of Defense's online patient-focused portal available anywhere/anytime, that provides 9.6 million beneficiaries access to available health care services and information that support patient participation in their health care experience. Some tools you may utilize on TOL:

Blue Button- Access personal health data; View, download and print your lab results, outpatient medication profile, allergy profile, problem list, and encounter data.



Appointing Center- Schedule, view, and cancel appointments.



Rx Refill- Request Rx refills.

Anytime, day or night, it's easy to make an appointment using TRICARE Online. Parents may make appointments for their minor children. This is especially helpful when a child becomes sick late in the evening or at night. A parent is able to log on to tricareonline.com, and make an appointment right then, without having to wait until the morning to call. TRICARE online is also an easy way to request prescription refills. If you have any questions, Raymond W. Bliss Army Health Center has a Tricare Service Center available to you. You can also call 1-888-874-9478.

2012 ASBP Blood Drive

JAN 31 & FEB 1

Located in Eifler Gym from 1500-2100 or until done, appointments available – sign up on-line at:

http://www.militaryblood.dod.mil/

Find us on Facebook



www.facebook.com/RWBAHC

Raymond W. Bliss Army Health Center has a Facebook page! Updated daily with health information, clinic updates, and interesting news about Army Medicine!

january

NEWS BRIEFS

Jan 16: Federal Holiday, Martin Luther King Day, WHAC Open

Weekend & Holiday Access Clinic (WHAC)

WHAC is an acute-care by-appointment clinic. To ensure that you are able to be seen, please call for an appointment prior to your arrival: 533-9165. Operating hours are 0730-1600. Urgent and emergency issues should call 911 or go directly to the emergency room in Sierra Vista.

Well-Woman Exams

Exams are performed on a walk-in basis on the first Tuesday of the month only from 0730-1530 hrs in the main Health Center, Family Care Clinic A. Appointments can be scheduled at any other time by calling 533-9200.



Have a safe and Happy New Year from the Command Group at Raymond W. Bliss Army Health Center!

Optometry Services

Appointments are available for Family members, call 533-9197

Patient Satisfaction

If you are not 100% satisfied with your visit, please see the OIC, NCOIC, or Head Nurse before you leave.



Serving To Heal...Honored To Serve